

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
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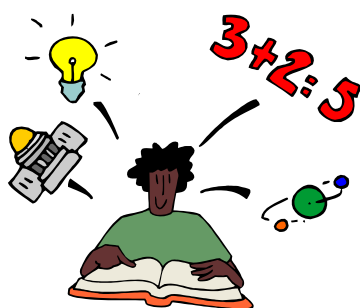
Friday FACTS

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"Leadership, Partnership, and

**Tips for College Students:
How to Make More of Your
Time** "I handle my prob-
lems one tomorrow at a
time." — Ziggy



Do you feel like this during the semester, where you just do not have time for the things you need to do? Yet, there are some students who seem to have plenty of time for work and play. Do these people have more hours in their day than you? No, you have the same 24 hours in a day as the person beside you. The secret to getting more out of those 24 hours is good time management.

Begin by writing down everything you do in a day. Remember activities such as attending class, studying, commuting, showering, and eating. Also include watching TV, computer time, socializing, and sleeping. Beside each item write down the time you need for each activity (and be honest) then add them up. Are you over 24 hours? Are you spending too much time on one particular activity, and not enough time on another? Can you see any places where time is being wasted? If you answered yes to any of these questions, you need to adopt some better time management skills.

Here are some tips to help you incorporate time management skills into your daily routine:

Prioritize.

Is it in your best interest to spend three hours watching TV, and only one hour on homework? Doing your homework first will cut down on long nights and lack of sleep.

Stop procrastinating.

What you need to get done will still be there later.

Write a to-do list.

Estimate the time needed to complete a task. Reward yourself for lists finished on time.

Learn to say no.

You cannot do everything. Ask your friends to leave when you need to study.

After implementing these time management skills, hopefully your biggest dilemma will be figuring out what to do with all of your free time.

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Early-Stage Prostate Cancer Health Decision Guide

For men with early-stage prostate cancer, choosing a treatment option may not be an easy decision. Available alternatives — external beam radiation therapy, hormone therapy, radioactive seed implants, radical prostatectomy and watchful waiting — may all be rational choices. For that reason, it's important that you gather information about each of these alternatives before making your decision. Understanding the pros and cons of each option and then applying that information to your particular situation may help clarify which treatment is right for you.

For additional information visit:

<http://www.mayoclinic.com/invoke.cfm?id=BP00006&si=1128>

Helpful Websites

Improving Relationships with Physicians

<http://www.anovelson.com>

End Abuse- Family Violence Prevention

<http://www.fvpf.org>

Federal Consumer Information Center

<http://www.pueblo.gsa.gov>

Robert Bush Naval Hospital 29 Palms Health

Promotion Program <http://www.nhttp.med.navy.mil> (Click on Command Information, then Health Promotions)

The reasonable man adapts himself to the world; the unreasonable one persists to adapt the world to himself.

Therefore all progress depends on the unreasonable man.

--George Bernard Shaw